

## CREDITABLE AND NON-CREDITABLE FOODS *(For use with Food Based Meal Patterns)*

When planning meals, be sure that the foods used to meet meal pattern requirements are creditable. While the foods below do not count toward meeting the meal pattern requirements, they can be served in addition to the required components of a reimbursable meal. ***Any of these foods served should be included in the menu production records.***

### "OTHER" FOODS

These foods **do not count** toward meal pattern requirements; but **may** be offered as part of a meal.

- |                    |                   |  |
|--------------------|-------------------|--|
| • Bacon            | • Ice Cream       | • Popsicles                              |
| • Bacon Bits       | • Ice Cream Cones | • Potato Chips                           |
| • Butter/Margarine | • Jams, Jellies   | • Puddings (canned or prepared from mix) |
| • Chili Sauce      | • Jell-O          | • Relish                                 |
| • Coconut          | • Ketchup         | • Salad Dressings                        |
| • Cream            | • Mayonnaise      | • Taco Sauce                             |
| • Cream Cheese     | • Pepperoni       | • Tofu                                   |
| • Frozen Yogurt    | • Popcorn         |  |

### Foods of Minimal Nutritional Value:

These foods do not count toward meal pattern requirements and **MAY NOT** BE sold during meal times unless combined with other creditable foods.

- Soda water (pop)
- Water ices
- Chewing gum
- Any candy without (or with little) protein or fat
- Jellies/gums, licorice
- Candy-coated popcorn

**NOTE:** Commercially prepared plain or flavored yogurt is now creditable as a meat alternate for the Food Based Meal Pattern.

4 oz. (1/2 cup) = 1 oz. Meat/Meat Alternate

### REMEMBER THAT...

*Potatoes are a vegetable (not a Grains/Bread item)*

*Rice is a Grains/Bread item (not a vegetable)*

### COMMERCIALLY PREPARED MAIN DISHES

These foods must have a CN label in order to count toward the meal pattern:

- Canned or Frozen Cheese Sauce
- Canned Ravioli
- Frozen Entrees such as Lasagna, Stuffed Shells, etc.
- Frozen Pizza

### CANNED SOUPS

Canned soups count toward the meal pattern requirements only under certain conditions:

- Vegetable-based soups, such as tomato, vegetarian vegetable, vegetable beef, etc. count toward the Vegetable/Fruit component
- A one-cup serving of vegetable-based soup is equivalent to ¼ cup of the Vegetable/Fruit component.

None of the meat or poultry-based soups (such as chicken noodle, beef barley, etc.) count toward the Meat/Meat Alternate component.

### CANNED AND FROZEN JUICES

For fruit and vegetable juices to count toward the Vegetable/Fruit component, be sure it is 100 percent juice or it has a CN label telling you how the juice can be credited. If you buy a fruit "nectar," "drink," "cocktail," or "-ade" you are not buying full strength, 100 percent juice.

**PLEASE NOTE:** If you are using Nutrient Standard Menu Planning (NSMP), any of the foods listed above can be planned and served as a menu item in a reimbursable meal (i.e., as an entrée or part of an entrée or as a side dish). When served, these foods must be included in the nutrient analysis of the meal.

